

Life's Journeys

Siblings live in harmony

By Rebecka Lyman, Reporter

Irene Hamilton and Ralph L. Dru, are Cheyenne brother and sister. They sit alongside of each other on a dark brown leather sofa to escape the summer's afternoon heat.

"I live in Shreveport, La. and I am the chief medical officer for the Shreveport Military Entrance Processing Station. I am here in Oklahoma because I am an Arrow Priest and I honor our Indian traditions. We have a camp set up at Concho and I have always kept our culture. I attend Peyote meetings and Sundance," Ralph said.

Irene and Ralph, Cheyenne were born to Dora White Antelope and Ralph Drunkard on the Great Plains of Oklahoma and have four siblings, Nedi, Daniel, Leland and Hope.

"Brothers and sisters are usually one another's first playmates. Aside from our mom and dad we are each other's greatest supports," Ralph said as he looked at Irene smiling.

Irene smiled back at Ralph and started to speak of her early years growing up in Western Oklahoma.

"I was born Dec. 16, 1926 in Colony. My mother gave birth to me in a tipi and later I was taken to Seger Hospital. We lived on a Cheyenne and Arapaho reserve, it was an encampment ran by the

military and government. The chiefs lived in tipis and the families stayed in tents with strips of cloth on them that measured the size of families," Irene said. "Some of the strips of material went up to seven for the larger families that would have ten or twelve kids."

Irene paused for moment and then shared the reason why her family shortened their last name.

"The white man gave our family the last name Drunkard. We legally shortened it to Dru," Irene said. "When the white man came through the Cheyenne and Arapaho lands they would name the families. My grandfather had Parkinson's disease, he would stoop over and drool sometimes, but they thought he was a drunk so they pinned that name on him. We were criticized as we went to school, the remarks were hurtful as a little kid."

Irene said in Colony during those times there was a bead workshop where a man who ran it would give buckskins, beads and sinew to the Cheyenne women.

"It was all paid for by the government ... the workshop was called the Reese Kincaid Bead Workshop. The man would give the things necessary so the Cheyenne women could learn a trade to make money ... tree shelters," Irene paused as she asked Ralph what they were called.

"Shelter belts," he said.

Irene continued, "The government would also hire the Indian men to build them in different places.

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Cheyenne and Arapaho Tribal Tribune
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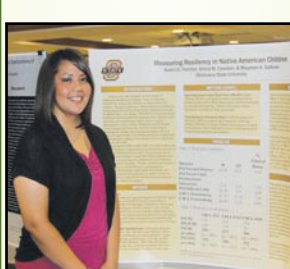
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"2012 Better Newspaper Award Winner-OPA"

Member Native American Journalist Association
"2012 Native American Journalist Association First & Second Place Award Winners"





Photos by John Youngbear, Northern Cheyenne Tribal Health

L-The Ashland Creek Fire, burning on the Northern Cheyenne Indian Reservation, had consumed more than 110,000 acres as of June 28 and was uncontained. The "Chain Up Area" on US Hwy. 212 became an unexpected front this afternoon apparently burning one structure and threatening others in the communities.

Wildfires threaten Northern Cheyenne Reservation

The Ash Creek Fire ravaging Montana in and around Lame Deer and the Northern Cheyenne Indian Reservation had risen to 186,800 acres, or about 265 square miles, as of Monday night July 2, 2012.

On July 1 it jumped Highway 212, which is now closed between Ashland and Broadus due to smoke and fire, InciWeb reported. As of Monday morning July 2 it was 55 percent contained, according to InciWeb, though the Associated Press reported it had burned 16 homes and 22 outbuildings.

Fire safety officials urged residents not to engage in fireworks for the Fourth of July, and Northern Cheyenne posted a notice on its site: "There will be NO FIREWORKS allowed from this date until

further notice from this office. There will be NO OPEN FIRES allowed for any reason. —NC President Leroy Spang."

"The Ash Creek fire made a major run yesterday evening and last night during the passage of a cold front that was being pushed by 35-45 mph winds, which lasted for nearly eight hours," InciWeb reported. "The weather, combined with dry fuel, created very active fire behavior with major crown fires and long-range spotting. This movement expanded the fire about seven miles to the east and eight miles to the south."

Throughout the state on Monday, at least six major fires had burned about 360 square miles of forest and prairie, the AP reported.

Over in Colorado the Waldo Canyon fire was 70 percent contained as of July 2 evening but had claimed 346 homes in the Colorado Springs area, according to InciWeb.

"We've had quite a few families that are actually displaced," Geri Small, of the Boys and Girls Club of Northern Cheyenne, to the television station. "Their homes burned, and they don't have nothing. Some don't even have their shoes on."

The reservation was calling for monetary donations to go toward essentials. The Red Cross of Montana is accepting donations on behalf of the reservation, as is the Boys and Girls Club of the Northern Cheyenne Nation, according to KULR.

Submitted article

Love transcends through a daughter's search

By Rosemary Stephens, Editor-in-Chief

A young girl slowly walks through a cemetery stopping at each and every gravesite. She seems oblivious to the scorching Oklahoma sun beating down upon her.

For 10-year-old Samantha (Sammy) Anderson, finding the final resting place of her mother is the only thing that matters.

Almira Jane Anderson (Indian name, Old Camp), Cheyenne and Arapaho, passed away on Aug. 7, 2009 at Integris Hospital in Yukon, Okla. She was buried at the Yukon Cemetery. Sammy was 8 years old at the time of her death.

"I asked my friend to ride with me to the cemetery to help me find my mom's gravesite, you know, umm, her monument," Sammy said. "It was about three or four miles and it was hot ... we didn't find it that time."

Sammy said she went to her father, Mark Schlecht, and asked him if he knew where in the cemetery her mom was buried.

"When I asked my dad he said we could go together and look for it," Sammy said.

Schlecht and Sammy were given a ride to the cemetery by their friend, Judy Chancellor two days later.

"I drove Sammy and her dad to the cemetery and it was like looking for a needle in a haystack," Chancellor said. "We saw a man who worked there and Mark got a map from him and we were able to find Almira's gravesite ... but when we found the spot there wasn't any head stone or monument or anything."

Chancellor said Sammy was crushed and wanted to know why there wasn't anything there. "It was so sad to see her face."

"I was so disappointed there was nothing there ... nothing ... I just made me really sad," Sammy said. Upon returning home, Chancellor contacted a friend to share the sad story of what she had just witnessed.

"My heart just sank for both Mark and Sammy when they saw there wasn't a head stone or a monument ... I just wanted to help out in some way," Chancellor said. "The Cheyenne and Arapaho tribes" said they could cover \$500 to the monument company and that was such a big help ... but we needed help with the rest."

The help came. A private, anonymous do-

nor (the friend of Chancellor who head the story) donated funds to cover the remaining costs of having a head stone placed on Almira's grave.

"I was so happy ... I just want my mom to have a head stone ... something there to let people know she was loved," Sammy said.

Sammy said she studied other head stones and came up with the design for her mother's monument.

"It is a rose in the center with two feathers on either side and it has my name and all my brothers and sisters names on it too ... though I don't see them I wanted their names on the monument because she is their mother too," Sammy said.

Sammy delivered her sketch to Arnold's Monument Company in El Reno, Okla. and Bob Arnold, owner said, "It won't be long ... once all the money matters are out of the way it will take six to 12 weeks to get the monument completed and set."

Chancellor said Sammy "has been like a breath of fresh air for me."

Sammy attends Yukon Public Schools where she has attained honor roll status and maintains straight A's. She has three siblings, Cheyenne, Shane and Steven and is a member of the Cheyenne and Arapaho tribes.

Schlecht and Almira were married ten years before her death in 2009.

"I thank the God of the Universe that Ms. Anderson will soon have a head stone like everyone else in the cemetery and it will be there for Sammy to proudly visit her mother's grave the rest of her life," Chancellor said. "I also know this could never have happened without the help of the



Photo by Judy Chancellor

Mark Schlecht and his daughter, Samantha Anderson stand at the unmarked grave of Samantha's mother, Almira Jane Anderson (Old Camp) in Yukon, Okla.

Cheyenne and Arapaho tribes and the private donor and I want to thank both of them ... she (Almira) would be very proud of her 10-year-old daughter, Samantha."

Tribes harness wind energy

By Rebecca Lyman, Reporter/Ad Sales

As the Oklahoma winds blow across the prairie, a semi-truck from West Wind Energy rolls down Highway 81 loaded with the first M100 turbine blades for the Cheyenne and Arapaho tribes.

"We believe wind is sacred," Cheyenne and Arapaho tribes Gov. Janice Bowenell said. "We are keepers of this earth, so bringing the power of wind to our people is key to our survival and a part of honoring divine instructions."

The tribes have partnered with West Wind Energy to install wind turbines that will directly power electricity to tribal facilities. Over the next 40 years, the wind turbines will translate into an estimated \$92 million dollar savings. This project will also provide training and create skilled labor jobs and a successful business for the tribes due to the projected demand in renewable energy.

West Wind Energy founder and CEO, Dr. Scott Brantley, said the wind project would consist of various phases. Phase one will consist of two M100 wind turbines, one located next to the Cheyenne and Arapaho tribes' smoke shop in Con-

cho, Okla. and the other located at the tribal administration complex. Phase two will include twenty M100 turbines acting as a primary power wind farm on the ridge line west of the casino.

"Not only does this project offset the tribes current electrical cost of more than \$200,000 a month, but it also does so while getting kids into wind school and technical training for long-term and well-paying technical jobs ... not only for the tribes' wind project, but tribal members being able to service turbines all over the state of Oklahoma," A.J. McCann, West Wind Energy, chief financial officer (CFO) said.

Oklahoma currently ranks 11th in the nation in wind installations and employs more than 3,000 people. Studies show that Oklahoma has enough wind resources to provide more than 30 times Oklahoma's current electricity needs.

McCann said the financing angle is inter-

ing due to how the project offsets electric expenses of the tribe and turn a \$7 million investment into an almost \$12 million asset in less than a year.

"The tribes were smart in how they did their planning," McCann said. McCann said with the help of Tribal Employment Rights Ordinance (TERO)



Photo by Rebecca Lyman

Pictured l-r: Cheyenne and Arapaho tribes Gov. Janice Bowenell, Prairie Chief-Bowenell, West Wind Energy Founder and CEO, Dr. Scott Brantley, Cheyenne and Arapaho Director of Economic Development, Chester Whitman, West Wind Energy Owner and Distributor, Phil Sutter and West Wind Energy CFO, AJ McCann.

See Wind energy, page 7

Jury finds foster mother guilty, no jail time

By Rosemary Stephens, Editor-in-Chief

After two weeks of testimony a Logan County jury finds Amy Holder guilty of felony child abuse in the death of 2-year-old Naomi White-crow, Cheyenne and Arapaho tribal member.

At approximately midnight on Monday, Oct. 3, 2011 the jury presented their guilty verdict and read their recommendations for punishment ... a \$5,000 fine, no prison time.

A juror, wishing to remain anonymous, stated that some of the jurors wanted Holder receive the 25-year prison sentence the prosecutors were asking for and some did not feel she was the only one at fault in the death of Naomi.

"We felt like we needed to make a statement that it was not just her," the juror said. "Some wanted Holder to spend as many days in jail as Naomi spent in Holder's home ... the deliberation got heated."

Naomi and her little brother, Johnny, were first placed in the Department of Human Services (DHS) care in February 2008. They were both placed with a foster mother, Alicia Taylor, in Enid, Okla.

On July 23, 2008 both children were reunited with their birth mother, Kala Whitcrown, during a monitored trial reunification program within a drug and alcohol treatment

See Jury, page 6



Courtesy photo

Naomi Whitcrown in the summer of 2008.

Native American Journalist Association announces the 2012 media award winners

The Native American Journalist Association (NAJA) sent out notices to tribal newspapers across the country informing them of the 2012 Native American Journalist Media award winners.

The NAJA media competitions are divided into divisions based on the frequency of publication and total circulation numbers, with each division broken down into several categories including, but not limited to best news story, best environmental story, sports story, feature story and best photo.

The Cheyenne and Arapaho Tribal Tribune staff was awarded four first place awards and one-second place award as follows:

- Division 3/Bi-Weekly
- First place, Best News Story-Jury finds foster mother guilty, by Rosemary Stephens.
- Second place, Best Feature Story-Love tran-

sends through a daughter's search, by Rosemary Stephens

First place, Best Environmental Story-Tribes harness wind energy, by Rebecka Lyman

First place, Best Sports Story-Blazing a path, by Rebecka Lyman

First place, Best Photo News-Six take refuge in bathroom, family speaks of tornado experience, by Rebecka Lyman

Other winners included the Osage News, the Comanche News, Navajo Times, Indian Country Today Magazine, Saskatoon Star Phoenix and Jolon Indian Publishing.

Congratulations to all the 2012 NAJA Media award winners.

For a full list of winners visit www.naja.com.

Blazing a path

Story and photo by Rebecca Lyman, Reporter/Ad Sales

His Kiowa name is "Goo-to-be Tahlee" Eagleboy.

Raymond Eagleboy Whitefield, Cheyenne, Arapaho, and Kiowa, is a 6.5 ft. forward and team captain for the men's basketball team at Haskell Indian Nations University (HINU) in Lawrence, Kansas.

He is the son of Deb Emboohah-Sankley, Kiowa, Arapaho and Raymond Whitefield, Sr., Cheyenne.

Eagleboy was introduced to basketball when he was 4 years old when his father Raymond, who also played for Haskell in the late 1970s, would take Eagleboy along with him at his league games. He taught Eagleboy how to dribble, shoot baskets and the rules of the game.

On Saturday, Feb. 12, 2011 at Southwestern Christian University (SCU) in Oklahoma City, the HINU men's basketball team defeated the SCU Hawks with a 3-point spread leaving the score 85 to 82.

Before the game Eagleboy and his head coach Chad Killa Crow stood in the gymnasium guest locker room entry way.

"I coached high school in Colorado before I came here, I knew about Eagleboy. When I came over here to Haskell he and I made some contact and I recruited him to come play for Haskell when I was the assistant coach," Killa Crow said.

Killa Crow said his size and his performance on the court is one of the reasons he recruited him to play for HINU.

"Eagleboy knows exactly when he comes from ... he is very traditional and brings so much more than basketball to our team," Killa Crow also said.

Eagleboy stood with his hands folded behind his back and said, "I have been playing basketball for 14 years, my strength is mostly defense. I grew up in Denver, Colo. with my mom, two sisters, Raylene and Crystal Whitefield and I graduated from Thornton High School in Denver, Colo."

Eagleboy said he loves playing basketball and he supports the recruiting efforts for Native Americans. His favorite team is the Denver Nuggets and one of his mentors is his grandfather, John Emboohah.

"I look up to him because of all of his accomplishments. He went to the crooked Korean War, and he got his bachelor's degree and worked for Hoising Altpiece in Seattle," Eagleboy said. "He has taught me about our Kiowa culture, he has shown me how to dance, he has taught me about our traditions and everything I know today."

Eagleboy's mother Sankley resides in Denver, Colo. and travels to as many of his games as she can. Sankley attended the game on Saturday to cheer him and his team on.

"As in many families I was a single parent most of

Eagleboy's life and at an early age he learned to take care of himself. It was his grandpa John and grandpa Louie Emboohah who took Eagleboy under their wings and taught him the Native American Church ways that taught him to humble himself in the trip and pray to the Creator. Eagleboy openly acknowledges this is where he finds his inner strength to overcome adversity," Sankley said.

Eagleboy's grandfather, Lonnie resides in Anadarko, Okla., and works at the Bureau of Indian Affairs (BIA) in Anadarko.

"Eagleboy always came home for powwows and ceremonies," Lonnie said. "When he was young he was always around sitting with us but it was when he was in his early high school years he got serious about the Native American Church."

Eagleboy's other grandfather, John lives in Denver Colo. with his wife Geneva.

"I attended all of my grandfather's ball games and I am a very proud grandpa," John said.

"I would always tell him don't forget where you came from, your traditional ways, the Kiowa way and make sure you learn the tools it takes to survive in this world that we live in."

The two grandfathers expected how proud they were of their grandson Eagleboy.

"Eagleboy is wanting to go into the medical field," John said.

A longtime family friend, Wichona Statler, who works for the Pawshaska Health Center in Pawshaska, Okla., said, "I have known Eagleboy his entire life and continue to watch this young man make good choices and move forward with his life. When he decided he wanted to go to Haskell he asked me to write him a reference letter."

Statler also said the Cheyenne and Arapaho and Kiowa tribes could be proud of Eagleboy, but I believe the best is yet to come."

Currently, Eagleboy is a sophomore carrying a 3.8 GPA. He is majoring in environmental science and will be receiving his associates of science degree in May 2011.

After graduating from Haskell, Eagleboy said he would be continuing his education starting with a summer internship in the Biostatistics Program at the University of Kansas Medical School doing clinical research related in the medical field.



Raymond Eagleboy Whitefield, Cheyenne, Arapaho, and Kiowa, is a 6.5 ft. forward and team captain for the men's basketball team at Haskell Indian Nations University (HINU) in Lawrence, Kansas.

Six-take refuge in bathroom, family speaks of tornado experience

By Rebecca Lyman, Reporter/Ad Sales

Donna Bushyhead returns home not knowing a storm quickly approaching would force her to take refuge in her bathroom.

On May 24, 2011 an EF5 tornado ravaged the home that Bushyhead once lived in.

"We got home around 2 p.m., shortly after Joella and Roger Haman arrived," Bushyhead said.

The Hamms reside with Bushyhead along with Joella's son, Kiska.

Joella said they were all meeting at their home and were getting ready to go out on a family outing.

"Roger and I were on the patio outside and seen that it was getting dark over the ridge," Joella said. "Suddenly I told him to run because I could see the tornado coming straight for us."

Joella's mother Lucille Todd and neighbor Barbara Kansas were also in the house.

Once inside the house the Hamms warned everyone about the massive tornado that was about to strike.

"We all hurried into the bathroom ... got Kiska into the tub and we all huddled

up together," Joella said.

The storm was upon them.

"The walls felt like a sheet paper," Joella said. "Sheets of paper whipping in your hand."

Bushyhead said they could hear windows breaking and the house being ripped apart.

"We could feel rafters from the home spiking through the wall that we were huddled up against," Joella said.

Roger said the tornado may have lasted five minutes but it seemed like forever.

The tornado that struck left the remains of their home scattered all over the dirt pathway called Maple Road.

Making their way out of the bathroom, Bushyhead said before they went into the bathroom it was a black sky when they came out the sun was shining like forever.

"We seen no roof and the walls to the kitchen were gone. I took a look at the wall that the boards were in and seen that a sheet of waffle board from the roof had slid down and a 2x4 had lodged into it," Joella said. "If it wasn't for that board holding up the waffle board ... I think we would have been in."

Family speaks of tornado, page 2



Donna Bushyhead returns home not knowing a storm quickly approaching would force her to take refuge in her bathroom.

Taking steps to reach a dream



Submitted photos

Dr. Chaney, Oklahoma State University, director of American Indians into Psychology (AIIP) presents Kateri Fletcher with a certificate of completion for the AIIP Summer Enhancement program..

Cheyenne and Arapaho tribal member Kateri Fletcher, a 2012 graduate of Southwestern Oklahoma State University (SWOSU), recently attended the American Indians Into Psychology (AIIP) Summer Enrichment Program at Oklahoma State University (OSU).

The highly competitive program selects eight Native American students who are contemplating a master's de-

gree or higher in the field of psychology and prepares them for graduate school. During the month long program Fletcher gained a range of experience that included, attending case presentations, seminars on statistical methods, poster creations and visited tribal behavioral health facilities.

Fletcher also gained valuable research experience under the super-

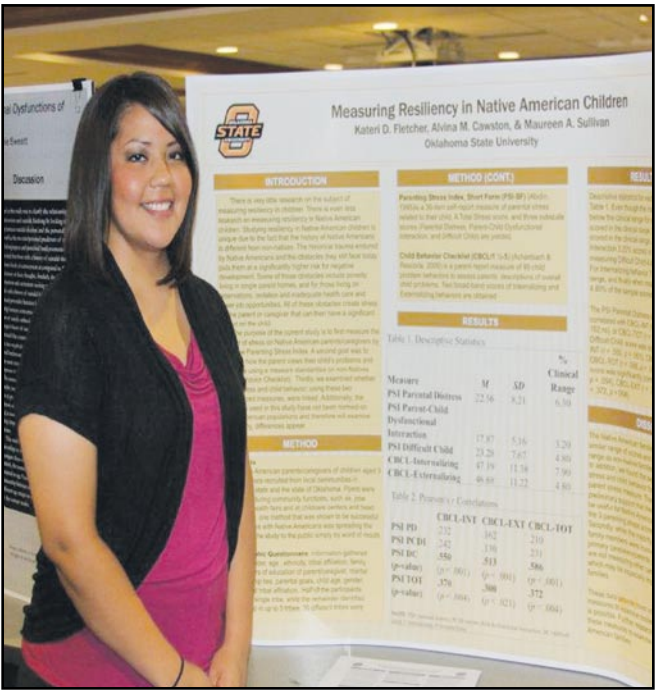
vision of Dr. Maureen Sullivan by conducting a literature review of the application of a resiliency model in Native American children and analyzed data from a study that measured resiliency in Native American children. Furthermore, she was afforded the opportunity to present her findings in both a poster and oral presentation at the conclusion of the program. Overall, the AIIP program at OSU prepared Fletcher for graduate school in a multitude of ways she said. After the conclusion of the program, Fletcher was selected to attend a conference in Washington, D.C. that focuses on the prevention of tobacco use within tribes, by community psychologists Joe Conner and Carol Conner.

In the Fall 2012, Fletcher will be applying to the Ph.D. programs in clinical psychology. Fletcher said her goals are to first obtain her doctorate in clinical psychology with a specialty in child psychology and then spend the rest of her lifetime being of service to her Native American people.

Fletcher has a passion for helping children and would like to take an active role in treating children who suffer from mental illness.

Fletcher said it was important to her to acknowledge all the people

who played an active role in her education. First to her parents, Charlie and Sandi Fletcher, for always supporting and encouraging her dreams as well as all of her teachers and mentors. Also to the faculty and staff of the AIIP program at OSU for arming her with the tools necessary for graduate school. Lastly, she would like to thank the Cheyenne and Arapaho tribes' Higher Education Program, especially Wanda Whiteman, for doing all that was in her power to help Fletcher reach her goals. To them and to everyone who has encouraged and believed in her, she sends, "her deepest appreciations for those are the things that motivate her to reach her highest potential."



Submitted article

Kateri Fletcher during the poster presentation at the AIIP Summer Enhancement program at Oklahoma State University.

Tribal transit driver places in state driving competition

Submitted article

Each year the Oklahoma Tribal Transportation Council hosts a Transit Summit and Bus “Roadeo”. This exciting event draws drivers representing tribal organizations from across the state of Oklahoma that provide transit services.

“The event is held annually for Native American tribes to honor and celebrate the value of rural and community transit operators, the backbone of the community in the transportation industry.”

At this year’s event, Cheyenne and Arapaho Tribal



Submitted photo

James Kemp (R) along with Transit Supervisor, Wilma Tapaha, displays Kemp’s third place trophy he recently won at the Oklahoma Tribal Transportation Council Transit Summit and Bus Roadeo held June 25-28, 2012 in Durant, Okla.

Transit driver, James Kemp placed third overall. Kemp has been employed with the Cheyenne and Arapaho transit program since February 2010.

Boarding school application prep workshop

While recognizing that many children, for various reasons, cannot live at home and attend public school, the Cheyenne and Arapaho tribes’ Department of Education will be hosting a Boarding School Application Prep day for parents and students on Thursday, July 19, 2012 at the Department of Education offices located at 200 Wolf Robe Circle in Concho, Okla. (Past the tribal administration building to the first big parking lot on east side). The event will begin at 11 a.m. with a noon working lunch and should end at approximately 2 p.m. Parents are asked to bring student documents relevant to application for admission.

Riverside Indian School, Chickasaw Children’s Village (formerly called Carter Indian School) and Jones Academy will be in attendance. Sequoyah High School and high school accelerated programs have been invited.

Boarding school staff will provide applications, check lists, brochures and information for students applying for admission during the 2012-2013 school year. School start dates will be listed and the staff can answer questions regarding transportation and other pertinent information. Meet a board-

ing school representative to discuss your child’s application for admission.

Parents please bring your child’s birth certificate, current school transcripts, immunization records, original social security card, certificate of degree of Indian blood (CDIB) card (tribal enrollment verification) or call (405) 422-7600 to request a CDIB; any test scores you may have on your child and current physical form (if one has been completed). Court appointed guardians must provide legal documentation showing guardianship. Bring any other information you feel may be helpful for your child’s application for admission to boarding school. If you do not have the listed items, the school can request them after a parental consent form has been signed.

If you have a child that wants to attend boarding school, please attend.

Riverside Indian School, Chickasaw Children’s Village and Jones Academy are not filled yet and are still accepting applications. Sequoyah High School has no openings but will accept applications as stand by.

For more information call (405) 422-7560 or by email at wwhiteman@c-a-tribes.org.

11 a.m.-2 p.m
Thursday-July 19, 2012
Students and Parents
Cheyenne and Arapaho Department of
Education offices
200 Wolf Robe Circle, Concho, Okla.
(Old boarding school)

Coyote Thoughts: Tricksters can spoil your day

By Beau Washington

The basic belief in evidence based psychology is that thoughts cause feelings in most cases. Let’s say that a mountain lion came into the room where we are. For most of us, we would think of danger and our heart rate would increase, pupils would dilate, we would start to sweat, some would run and perhaps worse. Our minds are connected to our bodies. However, if we knew the mountain lion was raised and trained by the kindest person we know, our heart rates would slow down, we would feel at ease and we would probably want to pet the mountain lion. Still it’s a mountain lion, but different ways of thinking about that animal gives us different responses. If we think of danger, we feel fear. Thinking of safety, we feel calm. Makes sense, eh?

Seeing problems accurately is important to good mental health. In the introductory Coyote Thoughts, we learn about Trickster Thoughts, the thoughts that are possible but not accurate. They trick us into believing they are true. For instance, I want to drive to town to go to work and I see that I have a flat tire. My first thought is, “Crap, a flat tire!” Then I think, “It will take 15 minutes to change it. I will call them and let them know I will be late.” It does not control my day or thoughts.

But if I get depressed from time to time, I will think things like “Crap, a flat tire! This always happens to me. I can’t do anything right. I am so stupid. I am such a loser. They will fire me for being late.” and it will be a start of a bad day. Those are trickster

thoughts that are ganging up on me. All of those thoughts can make me angry, frustrated and/or depressed. I would be letting a 15 minute flat tire control my day. “This always happens to me” is not true, it is a trickster thought. I haven’t had a flat tire in years, yet I get tricked into believing it is true. Same way with those other thoughts, a flat tire has nothing to do with my intelligence or whether I am a loser or not. It’s a flat tire, nothing more or less.

The interesting thing about Trickster Thoughts is that everybody who thinks has them, they are part of thinking. The problem comes when we keep and believe the trickster thought, the thought/

See *Coyote thoughts*, page 6

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Please check the Cheyenne & Arapaho Website, www.c-a-tribes.org, the C&A Education Facebook page at www.facebook.com/cadoe, email schoolclothing@c-a-tribes.org, call Marhsall Medicinebear toll free at (800) 247-4612 ext. 27866 or visit the Dept. of Education at 200 Wolf Robe Circle in Concho, Okla.

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Native American Journalist Association member

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FIRST & SECOND PLACE WINNERS OF THE 2012 NATIVE AMERICAN JOURNALIST ASSOCIATION MEDIA AWARDS & 2012 WINNER OF THE OPA BETTER NEWSPAPER CONTEST

Positive side of Methadone use

Submitted article

On Tuesday, July 3, 2012, an Associated Press story headlined that methadone related deaths had finally peaked. That story was based on a Center for Disease Control report that also reported most of those deaths are related to methadone prescribed for pain management, not addiction treatment.

The concern is that people will avoid methadone treatment in the fear provoked by such headlines, misunderstanding what is actually being reported. Ann Jamieson, President, Oklahoma Association Treatment Opioid Dependence, warned, “I am very concerned about this trend of bad press (regarding methadone) ... What the public needs to understand is that people do not overdose on methadone when they’re in treatment ... the regulations that exist in Opioid Treatment programs (OTP) properly keep patients safe. Much like with buprenorphine [brand name, Suboxone], methadone is in high supply on the street because of the way it is prescribed (for pain management).”

The reason such headlines are a problem is that methadone treatment is one of the most effective and cost effective treatment for opiate addiction. According to the Substance Abuse and Mental Health Services Administration, traditional treatment is 6-10 percent effective while Medication Assisted Treatment is more like 70-75 percent effective. Methadone is the only MAT drug indicated for intermediate to heavy dependency. Such fear may steer people from accessing the effective treatment they need.

OTPs are regulated by several agencies, including the DEA and the Oklahoma Bureau of Narcotics and Dangerous Drugs. They have very tight safeguards to protect OTP consumers from the dangers of addiction. Methadone has been deemed safe and effective when used in this manner.

“The roughly 245,000 Oklahomans that abused prescription painkillers last year, not counting heroin, could swamp the system of care here in Oklahoma,” Dan Cross, Executive Director, Absentee Shawnee Counseling Services in Oklahoma City pointed out. “Traditional substance abuse starts with inpatient detox, which is expensive

Plan for protection and preservation of facilities and assets

OKLAHOMA CITY, OK (June 28, 2012) – Available funds for the continuation of construction for The American Indian Cultural Center and Museum (The Center) have been exhausted. Accordingly, the Native American Cultural and Educational Authority (NACEA) has prepared the following interim plan to secure and preserve the existing facilities of The Center to protect these valuable assets. Construction will be suspended on July 1, 2012.

Plans include suspension of construction operations by Centennial Builders and de-mobilization of Centennial Builders personnel and facilities supporting construction activities. However, following de-mobilization, Centennial Builders will be engaged to continue its onsite presence and to provide building and grounds maintenance and site security for the purpose of preserving and protecting existing American Indian Cultural Center and Museum assets of the State. These services are to be provided on a month to month basis. During this period of suspen-



sion of construction activities, ongoing efforts to develop and implement an alternative plan for funding of completion of The Center will continue.

Blake Wade offers, “We will continue our efforts with the State of Oklahoma to develop and implement a practical plan that allows us to match the \$40M pledges from the private sector, Tribes and the City of Oklahoma City for completion of this important project. We have been in contact with our donors and most of them have agreed to continue their financial commitments for a reasonable amount of time, to give us an opportunity to develop an appropriate plan.”

What is the meaning of quality when evaluating and discussing Native art

SANTA FE, New Mexico—SWAIA and Collected Works Bookstore present conversations about the meaning of quality when evaluating and discussing art. What is quality and how it is determined will be the topic of a series of provocative panel discussions. The first panel, “Authenticity in Native Art,” will take place at Collected Works Bookstore (202 Galisteo St, #2) on Thursday, July 12 at 6 pm.

Authenticity and materials are often used as means to discuss and describe quality. This three-part series of panel discussions engages artists and brings authorities together to examine the meanings of “authenticity” in Native art and related topics of concern to the community. SWAIA will use these topics to engage artists by asking them to respond to two questions: What is “authenticity” in Native art, and what is its importance to quality? Questions will address the roles and rel-

evance of authenticity to creativity, cultural preservation, and quality of art, aside from art market value. SWAIA asks artists themselves to define quality and artistic excellence at Indian Market.

SWAIA and Collected Works Bookstore invite the public to hear from the experts in these lively discussions on Thursdays, July 12, July 19, and August 2. Artists alone will make up the first panel, joined later in the series by curators, community leaders, and other stakeholders on Thursday, July 19 and Thursday, August 2. The panels are part of SWAIA’s investigation into quality and its commitment to upholding standards of excellence as the preeminent authority in Native art.

All panels begin at 6 pm and are free of charge. For more information, visit www.santafeindianmarket.com



and already has a long waiting list. Most often we can skip detox and go right into outpatient treatment, avoiding the wait and expense, and they access treatment that is roughly nine times more effective than alternatives. Can you imagine the difference that will make?”

Cross believes methadone treatment can make a huge impact on the cost and damage control in managing Oklahoma’s epidemic of opiate addiction.



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Cheyenne & Arapaho Tribes

Head Start Program

The Cheyenne & Arapaho Head Start Program-Concho Center is continuously accepting applications for enrollment for the 2012-2013 school year. The Head Start Program is a comprehensive Child Development Program that is designed to promote high quality services and provide a range of individualized services in the area of Education, Early Childhood, Medical, Dental, Mental Health, Nutrition and Parent Involvement. Head Start Services are responsive and appropriate to each child and family’s development, Ethnic, Cultural and Linguistic experience.

Eligibility Requirements:

3 years old to 5 years old-must be 3 years old by September 1, and turn 5 years old after September 1.

For Application to be processed, the following must be attached:

- a) Copy of Child’s Birth Certificate
- b) Copy of Child’s Immunization Record
- c) Copy of Child’s Social Security Card
- d) Copy of Child’s Health Insurance

card

- e) Income Verification
- f) If the Child has Special Needs. Documentation Attached.
- g) CDIB (If Applicable)

Head Start provides transportation to and from the Head Start Center in a 25 mile radius in service area. Includes Concho, El Reno, Kingfisher, Okarche, Geary and Calumet.

Certified Staff, Age Appropriate Curriculum, Certified CDL Bus Drivers, Nutritious Meals-Breakfast and Lunch, Cultural Activities and Field Trips.

The Cheyenne & Arapaho Head Start Program follows Federal Guidelines and local Department of Human Services requirements. The Head Start Program does not discriminate against: Race, Color, Sex, National Origin or Disabilities.

For Enrollment Packet or more information call

Benita Bear, Center Supervisor at (405) 422-7647 or Rachel Snyder, Family Services Coordinator at (405) 422-7645 or (405) 227-2055.



Watermelon Salad

Cooking with USDA Foods

Recipes furnished by the

Cheyenne & Arapaho Food Distribution Program

3/4 cup halved, thinly sliced red onion

1 tablespoon fresh lime juice

1 1/2 quarts seeded, cubed watermelon

3/4 cup crumbled feta cheese

1/2 cup pitted black olive halves

1 cup chopped fresh mint

2 tablespoons olive oil

Directions

Place the onion slices in a small bowl

with the lime juice. The acid of the lime will mellow the flavor of the raw onion. Let stand for 10 minutes.

In a large bowl, combine the watermelon cubes, feta cheese, black olives, onions with the limejuice, and mint. Drizzle olive oil over it all, and toss to blend. Dig in and be prepared for a pleasant surprise.

BRIEFS

Payroll Tax Management for Tribal Organizations

July 23-24, 2012 at the Courtyard Marriott in Oklahoma City. For more information visit www.falmouthinstitute.com.

Role of the Recording Secretary within Tribal Organizations

July 23-24, 2012 at the Westin Hotel in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

Home Buyer Counseling under NAHASDA

July 30-31, 2012 at the Westin Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

Background Investigations and Vendor Licensing for the Tribal Gaming Organizations

July 30-31, 2012 at the Fantasy Springs Hotel and Resort in Palm Springs, Calif. For more information visit www.falmouthinstitute.com.

The 2012 Native American Journalist Association and UNITY Conference

Aug. 1-4, 2012 at the Mandalay Bay Resort in Las Vegas, Nev. For more information or to register visit www.naja.com.

The 12th annual For All My Relations Conference for Indian Families

Aug. 2-4, 2012 at the Hilton Los Angeles/Universal City Hotel in Universal City, Calif. For more information or to register visit www.nijc.org.

The Oklahoma Indian Gaming Association’s 2012 Tradeshow and Conference

Aug. 13-15, 2012 at the Cox Convention Center in Oklahoma City. For more information visit www.okindiangaming.org/conference.html.

Elder Care for Native Americans and Alaska Native Communities and Organizations

Aug. 16-17, 2012 at the Renaissance Hotel and Resort in Las Vegas, Nev. For

more information or to register visit www.falmouthinstitute.com.

Strategic Planning for Tribes and Tribal Organizations

Aug. 20-21, 2012 at the Renaissance Hotel and Resort in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

The 2012 Tribal Lands Forum Tribal Lands and Environment: A National Forum on Solid Waste, Emergency Response, Con-

taminated Sites, and USTS

Aug. 20-23, 2012 at the Mills Hotel and Resort in Coos Bay, Oregon. For more information visit www4.nau.edu/itep/conferences.

The 19th annual National Tribal Environmental Conference

Aug. 26-29, 2012 at the Grand Traverse Resort and Spa in Acme, MI. For more information, hotel accommodations or registration visit www.ntec.org/annualmeeting.html.

Meet Heather Big Medicine

Submitted article



Photo by Rebecka Lyman

Heather Big Medicine and her grandmother, Pauline Whitetail proudly show off Heather's medals for cross country competitions.

Ten year old, Heather Big Medicine is an enrolled member of the Northern Cheyenne and is a fifth grade student at Watonga Public Schools where she has excelled to the honor roll for the fourth year.

Heather is currently an AR All Star Reader and she is on the Watonga Middle School Cross Country team. She is a competitive little girl, competing in several one mile and 5K running events, placing 1st in her age division.

Heather was the semi finalist in the 2008-2009 Little Miss Oklahoma Jr. Pageant. She has also entered a statewide essay contest, winning 1st place in her age division; the essay Heather wrote about was on education. She along with her siblings Benajah and Gracie Big Medicine competed in the OKC Riverport Challenge Race and met Olympic gold medalist, Nadia Comancei.

Currently Heather attends His Hand Extended Youth Ministry Stars under Pastor Sharon Lee and Sunday school teacher, Sharon Rieber. She also attended Heartland Youth Ministry in Oklahoma City.

Heather began cross-country training with her grandmother, Pauline Whitetail, two years ago. Her grandmother started running in 2008.

Heather began running for her middle school, cross country two years ago. She has accomplished many goals and has have taken home many medals. She has participated in the Watonga Cheese Festival Run, 2011 Chill your Cheeks Run, 5K Run for Life, Buffalo Run, July 4th Fun Day, 5K Oklahoma Heritage Land Run, 5K Run for the Dream and 5K See Spot Run.

In two years her brother, Benajah and sister, Gracie will be joining the Watonga Middle school cross-country team as well.

Heather is the daughter of Horace Joseph Big Medicine Sr. and Newakis Lynn Smoker. She is the granddaughter of James Daukei Sr. and Pauline White Tail. Heather is also the great-great granddaughter of the late Arapaho Chief Ralph (Black Turkey) Whitetail, the late Cheyenne Chief Joseph Yellowman and a linear descendant of White Antelope.

Reservations, revisionism and rhetoric

“...the guys on the real reservations have no concern about federal recognition. They already have it.”

As opposed to what, “fake” reservations?

On June 28, this statement was e-mailed by Dr. Richard Allen, policy analyst for and tribal member of the non-reservation based Cherokee Nation of Oklahoma and a co-founder of the now-defunct Cherokee Task Force, which was formerly tasked with attacking “non-federal” tribes before infighting and political considerations crumbled the organization. His e-mail was in response to some political cartoons that had been directed at his group by a college student and exposes the ironies of their organization.

In contrast to Allen’s viewpoint, Leech Lake Ojibwa professor David Treuer writes in his new book, *Rez Life: An Indian’s Journey Through Reservation Life*, “Some Indians don’t have reservations, but all reservations have Indians....”

Despite the close association Indians and reservations have with one another in the persona of both Indian Country and the mainstream of America, most are unaware that most of the nation’s oldest Indian reservations are occupied by state-recognized tribes, not ones recognized by the federal government. In 1658 reservations were established for the Pamunkey and Mattaponi in Virginia by agreements with the British Crown. The year 1680 marked the beginning of the Paugussett tribe’s reservation, followed by the Nipmuc’s Hassanamisco Reservation. Hassanamisco was divided up between 1727 and 1730, yet lineal descent families, nearly 300 years later, have been able to retain a small piece of the original reservation. The Lantern Hill reservation in Connecticut was founded for the Eastern Pequot tribe shortly after the Nipmuc reservation in 1683. The Mashantucket Pequot also reside on a reservation created during the period and now are federally recognized, which according to quote number one of this article would make them a part of the “real” reservation system. The same has occurred with the Poospatuck reservation developed for the Unkechaug Nation on Long Island, New York in 1700. The Shinnecock also live on their historic reservation just down the road. Their reservation was of course “fake” until they were federally recognized as a tribe in 2010; never mind that they have resided there since their reservation’s inception. Not to be outdone, the Watuppa Reservation was established for the Wampanoag Tribe in 1709 and its primary caretaker is the state-recognized Pocasset Wampanoag Tribe, which continues to use it for subsistence and ceremonial activities.

The Schaghticoke Tribe’s reservation was founded in 1736, and was “real” from 2002 to 2005 when they, along with the Eastern Pequot, were federally recognized. After and before having their federal status terminated, one can only assume that these lands which they have inhabited for many generations (if we don’t even consider their habita-

tion in this general area prior to the reservation system), were and are “fake.”

In 1982, the State of Alabama took lands into state trust and designated them a reservation on behalf of the MOWA Choctaw. These lands have been occupied prior to and after the Choctaw and other Indian removals of the 1800’s by the ancestors of the MOWA Choctaw who were deemed squatters until a state university deemed “official” title holder, returned them to their rightful owners at a price which can only be considered as a donation.

Aside from these tribes in the East and South are other communities of “non-federal” Indian people who hold onto their traditional lands in the West with some being designated as reservations and rancherias.

Though certainly not necessary for recognition as an Indian community, reservations are impossible to dismiss in light of federal definitions of “continuous Indian existence.” Admittedly, the federal definition is an ever changing and hypocritical set of rules, expectations, and ironies that have little relationship to actual Indian community cohesion, history, cultural retention, and regional difference. A few politically and monetarily connected individuals, tribes, and organizations intent on dismissing and silencing the collective histories and contemporary realities of reservation based “non-federal” Indian communities, epitomizes the terms revisionism and rhetoric.

It seems that some of these federal politically motivated groups have only recently acquired lands which have now been placed into federal trust as reservations or are those whose reservations were simply provided to them by private white land owners with strong political connections (see Qualla Boundary; Eastern Band of Cherokee Indians). Even with these contradictions, they aim their hostilities at those who are the grandfathers and grandmothers of the reservation system and who have maintained their lands through every conceivable prejudicial and underhanded means of taking them away.

It seems like a big helping of federal “recognition” and a side order of justice are in order, so someone tell Dr. Allen and his Aunt B.I.A. that we are coming over to take a seat at their dinner table. And there is no need for concern—we have reservations.

ENROLL NOW! CHEYENNE & ARAPAHO TRIBAL COLLEGE

Cheyenne and Arapaho Tribal College offers four Academic Degree Programs. Associate of Science in Tribal Administration, Associate of Science in American Indian Studies, Associate of Science in General Education and Associate of Science in Children’s Teacher.

CALL (580) 774-3139

EATING well for DIABETES

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

The Importance of Water

Staying hydrated during the hot summer months is very important. The best way to know when you need to drink fluids is when you sweat. When in heat you lose more fluids quickly.

When swimming at the pool or beach this summer you still sweat when you swim. Swimming is an activity so your body heat will still rise and because you are in the water you may never notice. You need fluids before during and after so try and drink something every 15 minutes when you are outside.

The following are tips to stay hydrated:

Carry a reusable water

bottle and fill often.

Enjoy a Popsicle or some water-rich foods such as watermelon or tomatoes.

Add flavoring to your water by adding lemon, lime, cucumber or strawberries, herbal teas can also be used to spice up your water as well.

Sip things all day every little bit adds up.

If you know you are going to be out all day, make plans to carry plenty of fluids with you to ensure good hydration.

Remember even in the winter you can still get dehydrated we usually crave hot chocolate and caffeine containing drinks. Drink eight glasses of water a day to stay hydrated.

Diabetes Prevention

YOUTH CAMP !

JULY 26-28, 2012

Brought to you by the C & A Diabetes Wellness Program in conjunction with the Clinton I. H. S

Space is limited to the first 50 completed applications.

Pick up schedule, packing list, contacts and other important information included in the application

Please bring a turtle to paint and participate in Turtle Races

ALL MEALS AND SNACKS PROVIDED

Native Youth ages 8-13 are invited to participate in this exciting camp located at the Willie Fletcher Wellness Center in Concho. This 3-day 2-night experience will provide your child with:

Games, swimming and fun activities

Health, Wellness and diabetes prevention Education

Cultural activities

Free t-shirts, bags and other prizes

Turtle Races

Please contact the C & A Diabetes Wellness Program for an application and more information: Phone: (405) 422-7723 Fax: (405) 422-8262 PO Box 167 Concho, Oklahoma 73022

Diabetes Wellness 4th Annual Buffalo Chili Cook-Off

In conjunction with the 23rd annual Oklahoma Indian Nation Powwow

WHEN: Saturday Aug. 4, 2012

WHERE: Willie Fletcher Memorial Fitness Center

Judging at Noon-Limited to the FIRST 15 people to sign up at the Diabetes Wellness Program BUFFALO PROVIDED

1st Place-\$200/2nd place-\$100/3rd place-\$75

FOR MORE INFORMATION CALL (405) 422-7688

The Domestic Violence program services Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham and Roger Mills counties.

Women Are Sacred

The Cheyenne and Arapaho tribes Domestic Violence Program provides

Counseling for Native American women, including the elderly, who have been involved in domestic abuse, sexual assault or stalking.

Advocacy in obtaining victim’s protective orders and referrals to agencies that may be of assistance to them.

Support for clients and their families while in crisis.

For more information or help call (405) 422-7692-office or toll free (800) 247-0345 ext. 27692

This project is supported by Grant No.2209-TW-AX-0039 awarded by the Office on Violence Against Women, U.S. Department of Justice



continued from page 3

ourselves? The trickster thoughts, also called Cognitive Distortions, have names like “Over Generalization”, “Labeling” and “Magnification”. We can bring the tricksters out of the shadows by recognizing them for what they are. One thought can, and often does, fit into several cognitive distortion (trickster) categories. Listen for them in others.

Tricksters are sly and not always harmful. Sometimes having trickster thoughts is good for our mental health. For instance, it’s been jokingly said to, “Hire a teenager while they still know everything.” Teens often think they know everything, it helps their self-esteem. They may be overwhelmed and feel stupid if they actually realized the amount of knowledge that they know pales in comparison to what an elder knows. Learning is a lifelong process.

Hunting tricksters and chasing them away will pay off in helping you feel better. I enjoy thinking about thinking and I hope you will too. It is easier to think about thinking when we have names for the types of thoughts we have. Happy hunting!

Suggest: If we stick with Option A and think no further, it could lead to a bigger problem.

Date of Award: January 1, 2012
Date of Report January thru June 2012
I.H.S. Contract Number: 246-2007-0019
Amount of Award: \$133,625
Contractor Name: Cheyenne and Arapaho Tribes

Submitted by,
Margie Deer, MPH
Director, Health Education Program

Alternative School. The Health Education Director was on the planning committee for the 7th Generation Tobacco Prevention Conference held in Midwest City. Health Education disseminated health information at the Baby Shower Health Fair and provided educational materials at Health Screenings on Tobacco Cessation, Nutrition and Employee Wellness.

Employee development and training included, Grant Writing, Records Management Training and attendance at meetings intended to increase knowledge of health promotion and disease prevention concepts and methods for effective implementation.

Program Objectives include, develop procedures for preventive and corrective approaches, request attendance at the Clinton Service Unit staff meetings, identify and list resources of health education, conduct well-defined health education projects, model health and well-being concepts in health education activities, establish and implement an employee health and fitness program, assist tribal health programs to develop educational components in their program activities, use IHS statistical data for strategic planning, and provide executive direction and management in health education activities.

The Health Educator has accomplished the major objectives in this period with a total of 1,250 Native American people served during this time frame.

The Pharmacy Department would like to let you know how you can receive your medication refills. We value your time and wish to reduce your wait time. To do this, we need your help in planning ahead for your refills. Your options for requesting refills are:

Mail Order Program.

You may sign up for our mail order program and have all medications (except controlled substances and medications needing to be kept a certain temperature, i.e. insulin) mailed to your house or PO Box. This is the BEST METHOD. To use this service, please contact your pharmacy for a mail order enrollment form. Once this form is complete, please call in your medication(s) to your pharmacy's refill line five days ahead of when you will need them. We will then mail your medications to you.

Pharmacy Refill Line for In-Clinic Pickup.

Call in your medication(s) to your pharmacy's refill line below five days ahead and your medications will be ready as follows:

All refills requested before 12 (noon) will be ready after 12 p.m. (noon) on the NEXT business day. For example, a refill requested at 10 a.m. on Friday will be ready for pick-up after 12 (noon) the following Monday.

All refills requested after 12 (noon) will be ready after 12 p.m. (noon) in TWO business days. For example, a refill requested at 3 p.m. Friday will be ready for pick-up after 12 p.m. (noon) the following Tuesday.

Requesting refills in person. Asking for medications to be filled in person will make your wait time longer. We ask that you use our Mail Order Program or use our Pharmacy Refill Line option.

In the next few months we will be working to make

our Mail Order Program easier to use. We will let you know of any changes made. For example, you may notice a change in the packaging (vials and lids), medication information and prescription label for those medications filled through our Mail Order Program. Also, we ask for you to always notify Registration AND Pharmacy of any address change. The Pharmacy is not responsible for medications not received if you do not update your address.

At this time we are unable to mail medications needing to be kept a certain temperature, such as insulin. However, this service will be available in the upcoming months.

If you are already using our mail order program, no action is required at this time.

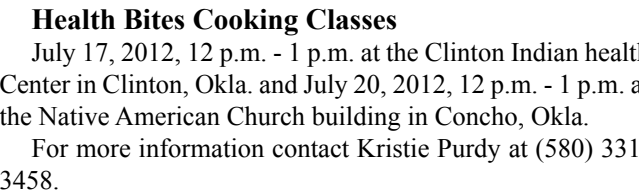
Please feel free to contact us if you have any questions.

***Your Clinton Service Unit
Pharmacy Department***

*Clinton Indian Health Center
Rt. 1 Box 3060, Clinton, OK 73601
Pharmacy: (580) 331-3357
Refill Line: (580) 331-3353*

*El Reno Indian Health Center
1631A E. HW 66, El Reno, OK 73036
Pharmacy: (405) 262-7631
Refill Line: (405) 422-8490*

*Watonga Indian Health Center
RR 1 Box 34A, Watonga, OK 73772
Pharmacy: (580) 623-4991 opt. 2
Refill Line: (580) 623-4991 opt. 1*



Lucky Star Casino presents Kevin Costner and Modern West
July 19, 2012 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m. Show starts at 8 p.m. For more information visit www.luckystarcasino.org or www.zooamp.com.

The 4th annual GoodWarrior Decendants Family Reunion
2 p.m., Saturday July 21, 2012 at the El Reno Lake Pavilion on El Reno, Okla. Potluck cookout. For more information contact Christine Morton at (405) 422-7545 or Beverly Brown at (405) 227-7462.

Cheyenne and Arapaho tribes' Diabetes Prevention Youth Camp for ages 8-13
July 26-28, 2012 at the Willie Fletcher Health Center in Concho, Okla. Registrations due by July 1, 2012. For more information or to register call (405) 422-7723.

Oklahoma City Powwow Club presents the Indian Hills powwow
July 27-29, 2012 at 9300 N. Sooner Road in Oklahoma City. For more information call Yonavea Hawkins at (405) 919-1572 or email yonavea@yahoo.com.

The 60th annual Tulsa powwow
July 27-29, 2012 at the SpiritBank Event Center, 1044 S. Regal Blvd. in Tulsa, Okla. For more information contact Robert Anquoe at (918) 671-2417 or visit www.tulsapowwow.org.

Rocky Boy's annual powwow
Aug. 2-5, 2012 at the Rocky's powwow grounds in Bozeman, Mont. For more information contact Joann at (406) 395-5705.

The 23rd annual Oklahoma Indian Nations powwow
 Aug. 3-5, 2012 at the Concho powwow grounds in Concho, Okla. For more information contact Christine Morton at (405) 422-7545.

The Lumpmouth Descendants Family Reunion
4 p.m.-8 p.m., Aug. 4, 2012 at the El Reno Lake Pavilion. Please bring side dishes, meat will be catered. For more information contact Francine Williams at (405) 422-7566 or Teresa Murray at (405) 201-8551.

Kaw Nation powwow
Aug. 3-5, 2012 at the Washunga Bay powwow grounds in
Kaw City, Okla. For more information call (580) 269-2552 or
visit www.kawnation.com.

The 81st annual American Indian Exposition
Aug. 8-11, 2012 at the Caddo County Fairgrounds in
Anadarko, Okla. Parades at 10 a.m. on Wednesday Aug. 8 and
Saturday Aug. 11. Nightly performances at 8 p.m. For more
information visit americanindianexposition.org. For dance
contest information call (405) 334-9193.

Oklahoma Indian Gaming Association's 18th Annual Conference and Tradeshow
Aug. 13-15, 2012 at the Cox Convention Center in Oklahoma City. For more information contact OIGA Executive Director, Sheila Morago at (405) 818-7462. To reserve booth space call (918) 245-8006.

Intertribal Indian Club of Tulsa's Powwow Champions
 Aug. 17-19, 2012 at the Oral Roberts University, 7777 S. Lewis in Tulsa, Okla. Doors open at 5 p.m. Friday Aug. 17 at 10 a.m. on Saturday and Sunday. For more information call (918) 378-4494 or (918) 838-8276.

Eastern Shawnee Children's powwow
Aug. 18, 2012 at 12615 S. 705 Road in Wyandotte, Okla.
Dance competitions include Tiny Tots and Junior divisions.
For more information call (918) 666-7710.

Ottawa powwow and celebration
Aug. 31-Sept. 2, 2012 at the Adawe Indian Park, 11400 S
613 Road in Miami, Okla. For more information call (918)
540-1536 or visit www.ottawapowwow.com.

The 89th annual Labor Day powwow
Sept. 1-3, 2012 at the Colony powwow grounds in Colony, Okla. Food, arts and crafts vendors welcomed. For booth information contact Cinci Hill at (405) 887-4689. For powwow information contact Louella OldBear at (405) 426-2278.



In Memoriam



*Benjamin David Whiteshield
“Son Road”
Oct. 18, 1977
June 27, 2012*

A wake service for Benjamin David Whiteshield was held on July 2, 2012 at the Indian Baptist Church in Weath-erford, Okla. Funeral services were held July 3, 2012 at the Bethany Brethren in Christ Church in Thomas, Okla., followed by an Internment at the Mound Valley Cem-etry in Thomas, Okla.

Siblings

continued from page 1

The men would put up shelterbelts to keep the sand and dirt from moving off and kept in one place. That was how the Indian families were given employment.”

Irene looks over to her daughter, Shirley Williams and Ralph and makes herself cozy on the leather sofa.

“I remember we stayed real close to our family. We would stay at the grounds with our parents and grandparents, eventually the government gave out 80 acres of two allot-ments to my grandmother. My father lived on one side and her sister lived on the other side. My grandmother’s name was Otter Woman,” Irene said.

The allotment was near Thomas were Irene began school.

“I went to a country school in the Thom-as area called Mulberry through the fourth grade. Then the city buses ran a route out to the country. It was then when I began to go to Thomas Public schools,” Irene said. “I felt scared. I was in a white man’s world from an Indian’s world. I was use to being around my Indian family. I was scared of reading. It was hard for me to say certain words and I did not know to how read. Reading and writ-ing was all Greek to me. I was kind of quiet, I would see what the other kids were doing and if I were in doubt I would always ask the instructor. I was way up in the ninth grade before I could even say scissors correctly. I remember we did not have electricity living out in the country. So my grandmother would have a little lantern for all of the kids to sit around and use while we did our studies in reading. She would always try to help us, but she didn’t know any of it herself.”

Ralph appeared to be moved by his sister’s memories as he scooted his body closer to the edge of the sofa.

“When I went to school, I was very afraid. I could only speak Cheyenne. I was afraid



Ralph Dru alongside family and a friend dur-ing a benefit dance held by his sister, Nedi, for his enlistment into the Army in 1950.

of white people. I remember I would cry in class when I was in need of going to the bath-room or something else I may have needed. I believe I was in the first or second grade at Thomas and the teachers would get my sister and bring her to me and she would sit with me and comfort me. I did not know how to speak English our first language is Cheyenne. I didn’t cry everyday only when I needed her I guess,” Ralph remembers.

Irene and Ralph shared a brief moment of silence.

Ralph said he eventually learned English and his sister was always there to coach him along.

“I wanted to be like her, I followed her ev-erywhere, she was like my mentor at an early

Family Baptism

Members of Preston Black family accepted the Lord and were baptized at the El Reno Indian Baptist Church on Sunday, June 24, 2012 by Pastor Tom Straka. Baptized were Preston, his wife Lena Black, children Camilla Russell 9 years old, Adrian Black 8 years old, and Violet Black 5 years old. May God bless this family.

Welcome New Baby

Preston Black and wife Lena announce the birth of their new son Derek Scott Black who was born on May 23, 2012. He weighed 7 lbs, 11 ozs. Baby Derek has two sisters, Camilla and Violet and a big brother Adrian.

Congratulations
Preston and Lena Black family.

Happy Birthday



Happy Birthday
Papa Bill!
July 24
We love you!
From Abbie, Levi,
Cade, Maddie,
Sonny, and Jo Jo



Happy 4th Birthday
July 21
Avery Aispuro!!
We love you very
much
From all your
family!



Happy 6th Birthday
July 31
Vincent Aispuro!!
We love you very
much
From all your
family

Happy Belated Birthday 30th

Jason Racelis June 9

Here’s wishing you my first born son, Happy Birthday, you are the treasure of my life, your deeds of kindness and words of love show the kind of man you have become, I think of you with pride, cherished with love, May God bless and watch over you everyday for years to come. Love you forever and ever, mom

Happy 29th Birthday

Chris Racelis July 23

I look back in time, young and very innocent seeing the world through your eyes. Memories I hold safe in my heart to sometimes unwrap with a smile and the comfort of a sigh. Now my little boy is grown and a man you have become. You’re a good person with a golden heart that no one can take. May the Lord bless you on this day and always. Happy Birthday son!! Love you with all my heart and soul, mom



Irene Hamilton during her time working for Indian Health Services in Phoenix, Ariz.

on her breast. He was about 9 months old I think and our father died a few years later in a crash,” Irene said as she looked over to Ralph. “We lived with our oldest sister, Nedi, for a while then an un-cle until I was in high school. It was then we went to Concho Boarding School. I think I may have been about 16 or 17,” She said.

Ralph nodded his head reassuring Irene of her mem-ory.

“I was in grade school when I went to Concho, I went there for about eight years,” Ralph said. “Our sister Nedi passed away and Irene stepped in as a mother figure. We stayed with an uncle and then he passed away. Irene enrolled herself and enrolled me into the Concho Boarding School.”

While Ralph was get-ting his education at Concho Boarding School, Irene was deciding on a career.

“I had a godmother who lived in Pasadena, who was a school teacher. She asked me to come live with her and she told me she would help me enroll in college after high school. I doubted myself about making the grade so I came back to Okla-homa,” Irene said. “I moved to Clinton and began working at the Clinton Indian Hospital as a nurse’s aid. I had made a couple friends there who were microbiologists. Miss. Laura Ruth was working at the Clinton hospital; she was an LPN, a white woman and a friend to my father,” Irene reflected.

“She told me about a school in St. Louis that I could go to and become a microbiol-ogist; she gave me the name of the school and the address. Her and her husband both en-couraged me. So I applied. I remember she said to me one time, ‘I have always admired your father, I thought for sure he was going to be my husband, but I’m glad your mother got him. I encourage you to go to school and get as much education as you can. Maybe some-day you will want to be a nurse like me. You can be anything you want to be.’”

Irene said she has always had someone around her that would give her encourage-ment.

“My brother, friends, people that I have met along my way who have shared common interest in life,” Irene said as she smiled at her brother. “When I was young we had an Indian agent named Mr. Jones who would go around the Cheyenne area and encourage all of the young people to go to school. He would tell me ‘Irene someday they will de-velop machines that will pick up cotton and you all will be without work so you need to get an education.’”

As time passed; Irene continued to work at Clinton Indian Hospital where she met her first husband, John Williams.

“I met Shirley’s father while I was in Clin-ton, working at the hospital. He was a Jewish man and gave me my only child. Her father and I were not married very long.” Irene said.

When Irene and John were married Irene made a choice to take her brother Ralph out of Concho Indian School and send him to

St. Gregory’s Catholic school in Shawnee, Okla.

“High School was a little bit more under-standing for me. I was focused on getting my education when I attended St. Gregory’s, the environment was a bit more focused and they were strict on me. I remember Irene got me a suitcase and I would put all my dirty cloths in it and send it to her through the mail. She would do my laundry and send it back to me. My sister has helped me in so many ways and she also gave me the yearning to want to learn more and get my education,” Ralph said.

Irene divorced her husband and moved to St. Louis with her baby girl to attend Grad-wohl School of Laboratory.

“It was a little bit different being a single mom ... sometimes I did not know what to do. I always got through with a lot of prayer,” Irene said. “We would make it by with lease money I received from a lease on some of our land. Anytime I would go broke I would call Paul and tell him we were out of groceries. He would say to me, ‘I will drop the money in the mail.’ A few days later I would get an envelope with dollar bills or \$20 dollar bills that would add up to be maybe \$50 dollars. He would put it in an envelope and send it. Back then we did not worry about anybody stealing it.”

Ralph and Irene stopped to talk to each other.

“My sister signed for me so that I could enlist into the army. I served nine months in the Korean War and also served in Desert Storm. I served with a lot of Indians in the Korean War, I took Peyote with me and be-fore we went into battle we would break it, pray and then go into battle together. I was squadron leader at the time, I remember once when we were going down to the stream to take a bath the enemy must have seen us, but we had no idea and the next thing we were under attack. I began taking role call, shout-ing out every man’s name. Then I yelled out to my men, lets get back to the bunker. We all set out to the bunker, I thought to myself my

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Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag@c-a-tribes.org.

Administrative Officer\ Receptionist Social Services
Closing Date:Until filled

Caseworker Assistant Social Services Program
Closing Date:Until filled

Caseworker IIM Social Services
Closing Date:Until Filled

Coordinator Social Services
Closing Date: Until Filled

Accounts Payable Clerk Housing Authority
Closing Date: July 23, 2012

Occupancy Specialist Housing Authority
Closing Date: July 23, 2012

Qualifications:
Possess two years or relevant specialized experience. Possess high school education. Prefer vocational education or certification in this field. Ability to work flexible hours including weekends, after 5 p.m. or holidays, if needed. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all department client matters and all other matters. Have a valid Oklahoma driver's license. Cheyenne-Arapaho preference.

SALARY: Negotiable

Qualifications:
Two-year degree in social work or related field preferred. Requires two years of general work experience in professional related field. Prefer one year of specialized experience, directly related to duties. Must demonstrate knowledge and skills related to general office procedures, office equipment and filing procedures. Ability to work with large number of clients daily/busy office. Must have a current state driver's license. Ability to work flexible hours including weekends, after 5 p.m. or holidays, if needed. Possess communication skills, written or oral, to relate to Indian and Non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality. OSBI and criminal background check required and be adjudicated appropriately. Prefer knowledge of Cheyenne and Arapaho/American Indian cultures and values.

SALARY: Negotiable

Qualifications:
Prefer bachelor's degree in social work or related field or an equivalent combination of education and experience. Requires two years of experience in professional related field and supervisory experience.

Ability to work flexible hours and willing to work other hours including after 5 p.m. and holidays if needed. Must understand and strive to implement the program's goal, objectives, rules, and regulations. Possess communication skills, written and oral, to relate to Indian and Non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference.

SALARY: Negotiable

Qualifications:
Bachelor's degree required. Prefer degree in social work or related field. Requires two years of supervisory experience. Ability to work flexible hours and willing to work other hours including after 5 p.m. and holidays. Must have ability and understanding of Social Service program's goals, objectives, and related rules and regulations. Possess good communication skills, written and oral. Must have ability to maintain a high level of confidentiality on all matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference.

SALARY: Negotiable

Qualifications:
Bachelor's degree in accounting, business, public administration, or a related field from an accredited college or university preferred. An equivalent combination of education and experience may be substituted. High school diploma or G.E.D. certification and two year's experience in providing related support required. Skilled in QuickBooks, bookkeeping principles and practices. Considerable knowledge of modern office practices and procedures related to accounting, including spreadsheet programs. Considerable knowledge of or the ability to rapidly acquire knowledge of, governmental laws, rules and regulations governing accounting activities. Ability to organize, analyze, and interpret financial and management data to solve management, accounting and taxation problems. Ability to plan and execute an audit of financial data or organizational effectiveness under minimal supervision. Ability to deal efficiently, effectively and equitably with the public. Native American preference

Contact Robyn French at (580) 323-4877 or mail to P.O. Box 1357, Clinton, OK 73601. Applications must be received by 5 p.m. on closing date and may be submitted to the Cheyenne and Arapaho Housing Authority in Clinton, Okla. or the Personnel Office at the Tribal Complex in Concho, Okla.

SALARY: Negotiable

Qualifications:
Bachelor's degree in business, public administration or a related field from an accredited college, university or graduation from a recognized school of business preferred. An equivalent combination of education and experience may be substituted. Must satisfactorily complete an Indian Housing Occupancy Certification Course within one year of employment. Must have excellent verbal and written communication skills. Must be computer literate. Must have a valid Oklahoma driver's license and be insurable. Ability to effectively present information to others. Ability to remain composed under stressful conditions, and to draw appropriate conclusions on specific issues dealing with occupancy issues. Must be flexible. Ability to oversee a variety of legislation without direct supervision. Ability to research specific constituent cases, provide a concise, thorough response and recommend a course of action to the constituent. Ability to define problems, collect data, establish facts and draw valid conclusions. Must learn Housing Authority's Admissions and Occupancy Policies. Must be willing to travel for training. Must be willing to travel within the service area to conduct home visits. Knowledge of the requirements of the Freedom of Information Act and Privacy Act. Ability to manage a program with diverse activities.

Contact Robyn French at (580) 323-4877 or mail to P.O. Box 1357, Clinton, OK 73601. Applications must be received by 5 p.m. on closing date and may be submitted to the Cheyenne and Arapaho Housing Authority in Clinton, Okla. or the Personnel Office at the Tribal Complex in Concho, Okla.

SALARY: Negotiable

Secretary Housing Authority
Closing Date:July 20, 2012

Qualifications:
High School diploma or G.E.D. certification required and one year's experience in providing administrative /secretarial support. Possess excellent skills in the areas of typing and data entry. Must have a good working knowledge of Federal Housing Regulations and Authority Policies. Must have above average oral and written communication skills. Must have the ability to deal with the public, both in person and over the telephone. Must have a valid driver's license. Native American preference.

Contact Robyn French at (580) 323-4877 or mail to P.O. Box 1357, Clinton, OK 73601. Applications must be received by 5 p.m. on closing date and may be submitted to the Cheyenne and Arapaho Housing Authority in Clinton, Okla. or the Personnel Office at the Tribal Complex in Concho, Okla.

SALARY: Negotiable



Management Trainee Program for Government Contracting Announced

The Mid America Government Industry Coalition (MAGIC) has opening for a limited number of trainees to participate in the Management Trainee/Intern Program (MTIP) in Oklahoma City starting July 25, 2012.

MAGIC will identify and train Native American college graduates who are most likely to be working in their

tribal communities.

The MTIPs will express an interest in learning federal government contracting. The tribal government or business entity can nominate candidates.

The class starts July 25 and ends Oct. 25, 2012. Call Kay Bills at (405) 455-3800 or contact Kay@magic-usa.org

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262-1132

NO APPOINTMENT NECESSARY

IN THE TRIAL COURT
CHEYENNE AND ARAPAH0 TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Guardianship Of:)
O.S.C.) PG-2011-02
Minor Child)

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: KAYCIE MARIE RATTAN

You are hereby notified that Frank and Sherry Ramirez has filed in this Court a Petition For Appointment Of Guardian of the persons and/or estates of O.S.C. a minor child, and that on July 9th, 2012, the petitioners, Frank and Sherry Ramirez were granted temporary emergency guardianship of the minor child and that said Petition is hereby set for a Permanent Guardianship Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 25TH day of July, 2012 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Permanent Guardianship should not granted.

Dated this 10th day of July, 2012

Rebekah Martin
Rebekah Martin, Court Clerk
Cheyenne and Arapaho Trial Court

CHEYENNE & ARAPAH0 TRIBES
OF OKLAHOMA
IN THE TRIAL COURT
CHEYENNE AND ARAPAH0 TRIBES IN THE TRIAL COURT
P.O. BOX 102
CONCHO, OKLAHOMA 73022

JEREMY JUSTIN DOWLING)
Plaintiff)
vs.) Case No: JFD-2012-0025
KIMBERLY D. HOLMAN-DOWLING)
Defendant)

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: Kimberly D. Holman-Dowling
114 N.W. 119th St.
Oklahoma City, OK 73114

You are hereby notified that Jeremy J. Dowling has filed in this Court a Petition For Dissolution of Marriage and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 25th day of JULY, 2012 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Divorce should not be granted.

Dated this 5th day of July, 2012.

Fran Wilson, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Plaintiff:
JEREMY J. DOWLING
3621 N. WYNN DR.
EDMOND, OK 73134

IN THE DISTRICT COURT
CHEYENNE-ARAPAH0 TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

SHEENA NICOLE SHARP)
Plaintiff)
vs.) Case No: CIV-2012-77
TERRILL BERTRAND REDNOSE)
Defendant)

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: TERRILL BERTRAND REDNOSE

You are hereby notified that Sheena Nicole Sharp has filed in this Court a Petition For Custody And Setting Of Child Support regarding T.B.R. Jr., a minor child, and that on July 10th, 2012, the plaintiff, Sheena Nicole Sharp was granted temporary emergency custody of the minor child and that said Petition is hereby set for a Final Hearing to be heard in the Courtroom of said District Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 25th day of JULY, 2012 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said relief should not be granted.

Dated this 10th day of July, 2012.

Rebekah Martin
Rebekah Martin, Deputy Court Clerk
Cheyenne-Arapaho District Court

IN THE TRIAL COURT
CHEYENNE-ARAPAH0 TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Application Of:)
HUNTER LEIGH HOVIS)
DOB: 01/23/2005) Case No: CIV-2012-0074
A Minor Child)
By and through his Natural Father,)
MICHAEL LONEMAN)
To Change His Name)

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: KIMBERLY KAY HEDWARDS

TAKE NOTICE, that Michael Loneman has filed in this Court a Petition For Name Change of minor child, as follows, to wit: from HUNTER LEIGH HOVIS, to HUNTER LEIGH LONEMAN, and that the same will be heard by the Cheyenne-Arapaho Trial Court of Concho, Oklahoma in the Courthouse located at 700 Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, 73022, on the 8th day of August, 2012 at 10:00 A.M., and any written protest may be filed in the case, prior to the date set for the hearing.

Issued this 6th day of JULY, 2012.

Edwina Whitman, Court Clerk
Cheyenne-Arapaho District Court

Petitioner:
MICHAEL LONEMAN
3711 RAINDROPS RD
PASADENA, TX

TRIBAL TRIBUNE DEADLINES

At 3 p.m. every 8th and 23rd of the month. Unless the 8th or 23rd falls on a weekend, it will be the Friday preceding.

American Indian Vocational Rehabilitation

CHEYENNE & ARAPAH0 TRIBES

Department of Education

COMMUNITY OUT-REACH

The Cheyenne and Arapaho tribes' Vocational Rehabilitations (VR) Program in partnership with the Cheyenne and Arapaho Workforce Investment Act (WIA) Program will be hosting community out reach meetings in the following areas at 10 a.m. to 3 p.m.

July 24
Sayre Western Tech Center, 2002 N.E. Hwy. 66, Sayre, Okla.

July 25
Burns Flat Western Tech Center, 621 Sooner Dr., Burns Flat, Okla.

July 31
Clinton Frisco center, 101 South 4th St., Clinton, Okla.

Aug. 13
Yukon Community Center, 2200 South Holly, Yukon, Okla.

Aug. 14
Seiling Community Center, 411 North Main, Seiling, Okla.

Aug. 15
High Plains Tech Center, 3921 34th Street, Woodward, Okla.

Sept. 9
Northwest Tech Center, 801 Vo-Tech Dr., Fairview, Okla.

The community Out-Reach will provide a catered lunch at each meeting.

For more information please call the Vocational Rehabilitation Program (800) 247-4612 ext. 27617 or (405) 422-7617 or WIA at (800) 247-4612 ext. 27662 or (405) 422-7662.

Siblings

continued from page 7

boot was really sweaty. I pulled off my boot and looked down then I fell to the ground.” Ralph said as he laughed and made a hand gesture to show how he simply fainted. “I was hit by shrapnel. I was taken to the sick bay for the medics to sew me up then I was sent back to the bunker.”

After Irene received her certification in medical technology she and her daughter, Shirley, went back to Oklahoma. “My brother was off in Korea and I started working at the Kingfisher Hospital. I was offered a job as an x-ray technician and I also ran the lab. Shirley and I got a small house, while I worked she went to school,” Irene said.

Ralph said he finished his nine-month tour in the Korean War and returned home to move in with Irene and Shirley. “I remember she rented a house and there was a big fence with horses next to the house. One morning I guess Shirley climbed the fence and jumped on a horse. The horse had bucked her off into the bobbed wire fence. I was sitting in the kitchen eating and here she came with only her nightgown on. She was scratched up all over ... covered in blood. I had to tell that story,” Ralph said with a grin on his face as he looked at his niece.

Shirley just laughed at her uncle. “Ralph was always there along the way. I have also met friends along my way. We all got along together and I have always had people encouraging me,” Irene said.

Ralph said his sister was a hard worker and he encouraged her to enter into the civil service and take a job with the Indian Health Service (IHS) in Pawnee, Okla.

“When she took the job I was awarded with a scholarship from the IHS and went to school at Southwestern to earn my degree in medical technology as a lab technician, just like my sister,” Ralph said glowing. “Since she was such a good worker, she skipped a few rankings and went in as a GS-5 and ended her career with a ranking of GS-11.”

Irene continued to work in Pawnee for a few years when IHS transferred her to Phoenix, Ariz. said Ralph.

“Irene was working in Phoenix and I continued my career as a lab technician then I answered the call of duty once again. I went to war in Desert Storm and received a Combat Medic badge. I had earlier earned a Combat Infantry badge during the Korean War. It is kind of strange to have both honors but I am proud to have been given the honors. I enjoy saving lives more than I did taking lives,” Ralph said quietly.

Ralph returned home to find himself working along side his sister in Phoenix.

“I was always told I could not be a doctor because I was Indian. Irene was going to school to become a PA and working at the hospital. She earned her degree after four years and she can do everything a doctor does. I decided to apply to go to medical school. I received letters of acceptance after my service in the military from Harvard, Stanford and Dartmouth School of Medicine. I went to Dartmouth in New Hampshire, because it was a smaller campus and I earned my degree as a MD,” Ralph humbly said. “I have always known since college days the key to anyone’s problems is education ... that is number one. Once you get an education no one can take it away from you.”

Irene smiled at Ralph and continued to share about their lives in Phoenix.

“I met Jerry Hamilton, he is a Cherokee man in Phoenix when he was going to school to become a lawyer. I had finished school and earned my PA degree when IHS transferred

me to Lame Deer, Montana to work at the clinic there. I was about to move again with my daughter so Jerry and I sat down to discuss our future. We moved together out to Montana and he is a retired teacher today.” Irene smiled.

Ralph became animated and he began to smile when he started to describe being Irene’s supervisor at one time.

“It was not long after she went to Montana I was also transferred to Lame Deer. We were working together again,” Ralph said as he chuckled. “We both encouraged each other, we both worked toward setting an example for all Indian people. A lot of people envy us because of what we have. She has her own home here in Oklahoma and I do too out in Louisiana.”

Irene said that the other Indians in Lame Deer did not know she and her brother were Southern Cheyenne.

“It was funny they did not know we could understand what they were saying when they spoke in Cheyenne. They would say things like ‘where did these Indians come from,’ I would just walk on because we knew what they were saying, but we never led on to them that we were Southern Cheyenne,” Irene said smiling as she looked over at her brother.

Ralph and Irene shared a quick laugh and continued on reminiscing about their lives.

“Oh I have to tell this story about my sister ... just got to tell it,” Ralph said as he smiled while looking at Irene. “She was at the clinic in Lame Deer one day and she had to attend a meeting at the Crow agency, but there was no government car available because me and the other staff members were using them. All that was left was an ambulance. She decided to drive the ambulance to her meeting. As she was driving she punched a button. It was about an hour drive and there she was driving along with the red lights going and cars are pulling off to the side. She got to the emergency room at the Crow agency and ran in to ask someone for help so she could get the lights turned off. Needless to say she got to her meeting on time,”

Irene laughingly said, “Oh it was about ten miles before I got there. I looked down and thought to myself ... I wonder what this button was for. So I touched it and then the lights were flashing and the cars were moving over for me. Boy I was really driving then. When I got there I asked if someone could help me turn off the lights, they were all laughing at me and asking me what I touched. I showed them and someone helped me get the lights off. I have made a lot of wonderful friends along the way, doctors and nurses, just about everybody I meet we became friends,” Irene gladly said. “Every



Photo by Rebecka Lyman

Today Ralph Dru resides in Shreveport, Louisiana and his sister, Irene Hamilton resides in Miami, Okla.

time I would go home around my aunts and cousins I may have had a new car or something, they would always have something to say about my life like, ‘what do you do just come home to show off,’ That really hurt my feelings so I just quit going over there. I am a humble person and don’t brag about my accomplishments. Yes I do just fine. Anyone is just as capable as I am to get an education so that they may better their lives.”

Ralph said he has followed in his sister’s footsteps throughout his life.

“I try not took look back, when you look back you get sad, you plan for the future and you forget the past, you let the past bury itself,” Ralph said with a serious tone in his voice. “Beside all of that all we have wanted to do is be a good example for all Native people and let them know education is the key for a successful life.”

Irene agreed with her brother in saying “We both work for setting an example for all Indian people.”

Today Irene resides in Miami, Okla. with her husband Jerry. She is a retired United States Public Health Service, Certified Physician’s assistant. Irene and Ralph have developed vaccinations and given health care to those in need across the United States.

Ralph has two sons Charles and Isaac and resides with his wife Suyapa in Shreveport, LA. He has worked at Indian hospitals in Lawton, Okla., Phoenix, Ariz., Gallup and Albuquerque, N.M., and Lame Deer, Mont. Ralph said he is also the first Cheyenne tribal member to earn a medical degree and to climb from the rank of private to colonel in 20 years. Ralph was also the Oklahoma Indian Nations powwow Indian of the Year in 2006, and is currently working for the Department of Defense in Shreveport, La. as the chief medical officer.

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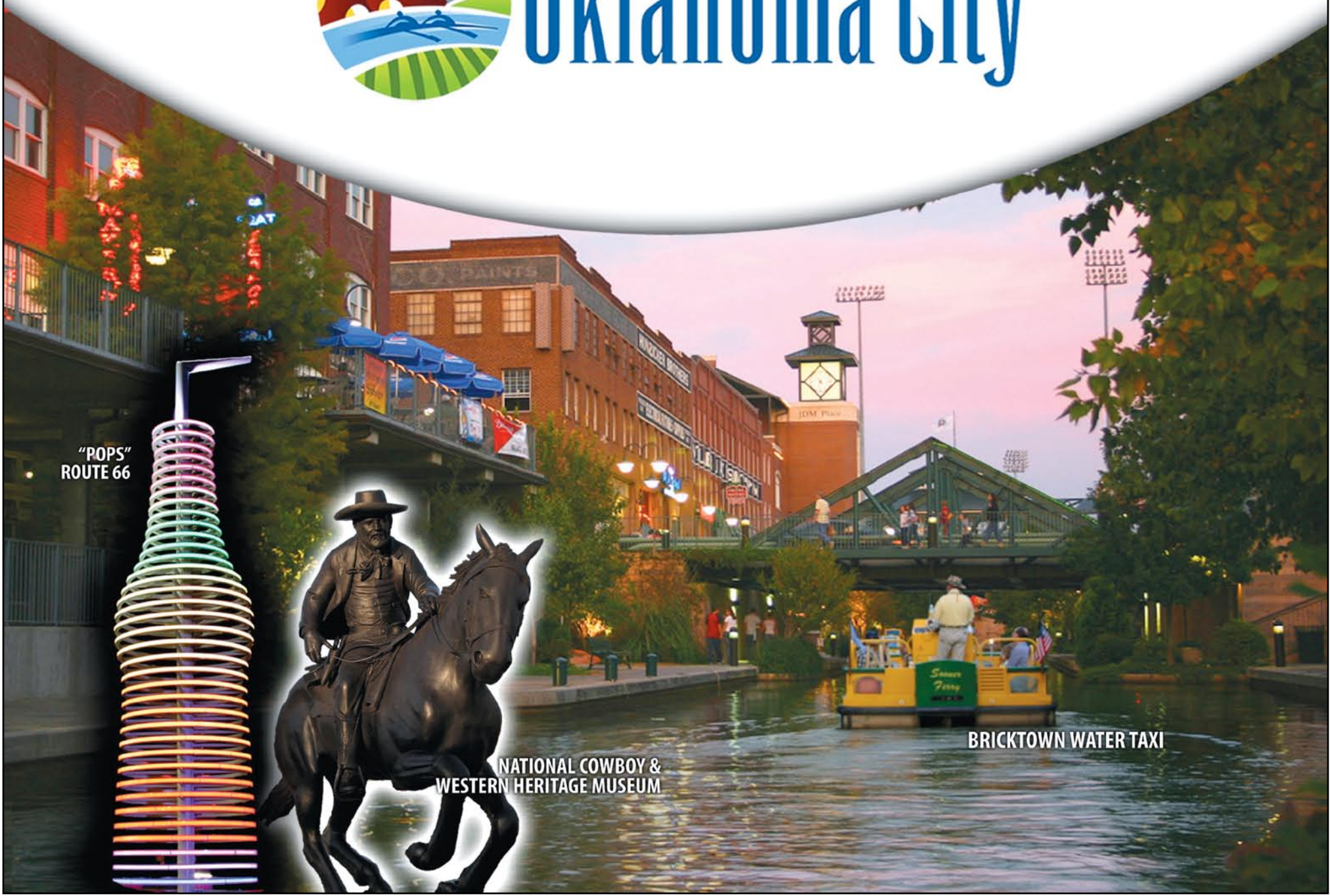
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